The Plain and Practical

Filling Your Day With Simple Wholesome Things

Ever get wound up into a routine where you feel like you can't get everything done on your list every day, a constant feeling of being rushed, you struggle to get out of bed in the morning? You overhear someone saying they took a nice walk in the woods and you think to yourself, "I'm too busy, I wish I had time to have a walk." Or you lay in bed at night thinking about your burdens and the undone tasks from that day's list, worrying about consequences that will arrive tomorrow? Are you always sick, catching every virus that goes through? Does your head hang down, or is it in your hands, more than it rises to appreciate the treetops full of birdsong?

Well, that just means you've wandered into a meeting of the Rat Race Runners. You get up while still tired, rush around all day putting out whatever crisis "fire" is most in your line of sight. With the combined effects of no prayer or contemplation, grabbed meals that do not satisfy or fill you spiritually, too many promises nipping at your heels all day, soon you find yourself delaying deadlines and taking no pleasure in the simple things.

If our bottom-line goal is to go through life as good Christians, what we spend most every day doing is not aligned to that purpose. Was there contemplation and prayer to ask for guidance in our deeds? Did we listen well to see the signs around us that someone needed our help, someone needed a kind word and our brotherly love?

When we move, whether it's to walk to the mailbox or do dishes, dress a child or sand a project, we should seek to be in a state of Grace. Move well, and thoughtfully. Let your heart lift itself in humming or song. We can be beautiful images of God, when we raise our arms to hang garments on the clothesline, when we bend down onto one knee to console a child. Our faces can be set in grim lines of despair or in a smile of delight at all our blessings, and the choices we make influence that countenance.

Who can be happy with a bad toothache, or a painful knee? Take the measures to correct that, so that your thoughts can be positive and turned towards others and not yourself and your own woes. Who can be the best parent possible, when there is an overwhelming amount of work to do and one is exhausted? Pray for assistance, and tell others you need help, so that many hands can be there to teach of love and patience, not sharpness and shortage.

Our days swirl with other people and to-do lists and a never ending supply of tasks, but do we give an hour to just sit and think carefully, praying for guidance, on how to shorten that list? Could we do with less—fewer possessions, fewer desires, a smaller house, a mended dress instead of a new one—and have more time for being Christians?

When we do have tasks, endeavor to make them graceful, opportunities for sharing our love with others, easing someone's burden by doing things together, learning ways to do the task well and thoughtfully but with efficiency. Like the hard-candy pot soaked overnight in water, rinsing easily in the morning, every task has its easy way and a hard way. We sometimes spite ourselves by choosing the difficult path, in some compensation for being angry or tired or overwhelmed. Only after the passionate heat of the event has passed, or a good friend has spoken and pointed out our mistake, do we humbly realize the waste of energy or time or money we cost ourselves.

So when you are "grabbing a cup of coffee" and rushing out the door, instead think of how peaceful it would be to brew a cup while you dress or do the kindling or make the bed and sit there with a scripture to read or your list of things to do, taking time to be thoughtful. When you eat an unsatisfying meal on the road, think about how much more healthy (and the cost savings) to have packed a sandwich and apple and a quart jar of mint tea, instead, because you planned ahead. When you are greeted by a neighbor, do not think to yourself "Here is so-and-so, wasting my time when I'm busy," but instead, "Here is so-and-so, God's child also, placed in my vicinity today for a reason, let me see if there is something I can do for him, some blessing I can share."

Because the thing we forget and re-learn over and over again, is that the simple things in life are the best. (continued on page 2)

Year Six, Issue 51, March, 2013

Boots Time

For those folks who buy their foot gear in "regular" stores, this is the time of year to be looking through the sales racks while the stores get rid of what they see as "winter" and what sensible people see as "fall, winter, and most-of-all-spring." Sturdy shoes with ankle coverage and non-skid soles, barn boots of solid rubber, insulated boots for sports wear, heavy boots for wearing outdoors in construction, all of these are on sale now. The shelves will soon fill with flimsy flip flops and impractical sandals, so get your good footwear quick, and at a good price, too.

And it would be smart, if you don't need them now, to pick up next year's while you can get them at a discount!



Helping on the Highway

I had the opportunity lately to stop and help someone on the highway, they were towing an open trailer and the load had gotten loose. There many miles from any store, with rain starting to fall, a family's furniture and mattresses were exposed to the elements for want of material to tie down the goods and tarp.

Husband and I carry extra twine and poly rope, as well as water, oil, jumper cables, duct tape, and other supplies. That two dollars' worth of rope can mean the difference between getting on down the road, or being stuck there. Even if I am not sufficiently skilled to use the cables, another can be found to help out fairly quickly. I can't get a brokendown motorcycle into the tall pickup without a third person, but with the truck, tie-downs, a cell phone and the rider, most of the equation is taken care of and that last part—one volunteer—can be managed.

"Love thy neighbor" isn't just the fellow whose house is next door, or doorway is on your hall. Neighbors are all around you.

Put Your Best Hand Out

"The hand is the visible part of the brain." Immanuel Kant

"Just as a pebble thrown into the water creates ripples, so our thoughts create similar effects on our palms." Michael Scotts

"If you look deeply into the palm of your hand, you will see your parents and all generations of your ancestors. All of them are alive in this moment. Each is present in your body. You are the continuation of each of these people." Thich Nhat Hanh

"You carry forever the fingerprint that comes from being under someone's thumb." Nancy Banks Smith

"Often the hands will solve a mystery that the intellect has struggled with in vain." Carl Jung

"The mind has exactly the same power as the hands, not merely to grasp the world, but to change it." Colin Wilson

"Don't rule out working with your hands. It does not preclude using your head." Andy Rooney

"A friend is one to whom one can pour out all the contents of one's heart, chaff and grain together, knowing that the gentlest of hands will take and sift it, keeping what is worth keeping, and with the breath of kindness, blow the rest away." Arab Proverb

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Measuring and Personality

I've been given a unique opportunity to observe something of late, that I'd like to share with you. As a full-grown adult, I've been exposed to a new place full of a whole different kind of measuring expectations, and it's been interesting to discover some odd pairings of facts I had not previously put together before.

Volunteering at the workshop, I've met and gotten to know the owner, and the folks who sign up to use the facility, and compare their way of dealing with measurement to my own. As a sewing person, a quarter of an inch on an apron, dress, or curtains, or an eighth of an inch on a quilt block or embroidery, was as exacting as I ever needed to be. I could center things "just by eye" and I can use parts of my body for consistent measuring—span of a hand for a quilt border, four fingers wide on a hem, two fingers width turn-over on wool penny rugs and pieced wool blocks. As far as I can stretch my arm is adequate "tail" for a cast-on of a hat or scarf on my knitting needles; I know a sculpture or rug can't be wider than my fingertips to its own elbow, or I have to pay overage postage for being beyond nineteen inches. A ruler, a cloth measuring tape, the tools God gave me in my hands and arms, are all I ever needed to employ in order to produce sellable work that met with others' standards of neat and well-made. Two big eggs were pretty much the same as three smaller ones, cracked into the yeast-water and flour. A sweater two sizes too big, just meant you could wear it over an extra layer on cold days.

But now I'm in a world where you cut two things apart and that six-inch wide wood does not contain two three-inch pieces after the saw has nibbled it's toll price! And the metal lathes are asking you to think in terms of thousandths of an inch, not the now-wide-apart dashes on my yellow quilter's measuring tape. If that's not enough, walk over to the electronics area and thousandths of an inch can be so imprecise that something may not work because you've been too sloppy. I once lived in a world where my measurements felt precise. Now I work in a world where those measurements are akin to driving to Michigan and assuming you're in your friend's driveway. Time for this old gal to learn some more things.

Yesterday I was buying a large stack of saw trimmings at a wood mill, so I took one of the pieces out to my truck, laid it in the bed and noted how much of it would fit inside, snapped off the excess with my knee, and took that back in as my "measuring stick" so I could stack the other pieces and bundle them so they would fit, too. This truck, you see, isn't the same as others I've owned, it's a bit shorter if you want the tailgate up. So keep that in mind, your world is always changing around you, what once was good enough might change if you are seeking to understand how things work, and enjoy your brain a little more each year. Have courage, old dogs can learn new tricks. Get out your mental measuring tape and hold it up against your hands and your height, your feet and your front door, and don't be afraid to trade it in for something more accurate if the need arises.

(Filling Your Day, cont'd)

A cup of tea with a friend. Popcorn in the evening after a hot bath and warm jammies. Walking and talking with the Lord in his beautiful meadows and hills and woods, telling Him he does nice work and you appreciate Him. A clean room empty of distractions, easily dusted and maintained, full of things you made yourself. A meal made from scratch, however simple, eaten by the light of a candle. Watching birds at the feeder. The snort of a horse, and your greeting in return.

I'm as guilty as anyone for "getting in a rut" and letting my list get filled with Man's Work and not God's Work. I find that if I stop for a few minutes every day and seek an answer to the question, "Is this an important use of my life?" I find out pretty quickly if it's a yes, or no, answer. I fight against having too many possessions, prioritizing my household needs to help it be presentable and have clean clothes to wear. I often arrive at the store to get four things and come home with twenty, or come home and realize I didn't get the thing that was the reason for the trip in the first place. In other words, I could take my own advice and be a little more thoughtful. On the plus side, making mistakes injects humility into my life.

So when you find yourself letting out a big sigh, or having one of those unkindly thoughts, just take a moment and contemplate the situation. If you run your errands in *this* order, you can stop and drop off eggs to a friend. If you have someone *help you* on a closet, they can suggest places for donating things you obviously don't use. If you take your notes on a project or problem to a kindly elder and *seek their advice*, you may receive guidance that helps you. When you have overage, *gift it*. Work your day around what you have been given, instead of squeezing the day to pour it into the containers of your desires, and you'll find there's enough hours for what's most important.

Farm Market Governing Boards

I recently received two invitations to run for a seat on the board of one of the local farm markets, and because we often move every couple of years, didn't feel I was an adequate candidate to serve. But I'd like to put out there a suggestion for those of you who do serve on such boards.

Some markets allow crafters to bring their wares, and some do not. Especially when the crafter is making brooms from their own broom corn or handles, or spinning wool from local farms, or painting gourd birdhouses they grew themselves, I feel these should be permitted. Most farmer's markets receive support from local taxes, through use of a municipal property or being staffed by city or county employees in one way or another. Allowing a greenhouse business from 20 miles away to participate, and not the family down the street who makes grapevine wreathes, seems unfair to me.

So if you do sit on a farm market board, please consider allowing local folks to attend and use the opportunity to help themselves.







Wearing My Uniform

I was in the store shopping
And along came a child
He took hold of my skirt
And I had to smile
"I can't find my mommy,
Can you help me?"
And our faces came closer
As I bent my knee,
Little hand in mine, we waited
A clerk used the P.A.,
Soon mother and child
Were reunited again.

An old man, breathing hard Is looking around There's no where to sit No rest to be found My tailgate's good enough Encouraged by me Who wouldn't trust A Plain Quaker's plea To share my water And gather your thoughts I'm just following through On what I was taught.

'Tis not by coin
But by service I grow
Even in darkness
The heart can glow
With apron and cap
And two satin strands
Sturdy black shoes
And an open hand
I'm in my uniform
When I make a stand
I pray every day
To be part of God's Plan.

The world is out there
Full of hate and distrust
Sometimes there's odd looks
And voices are hushed
But for me, I'll keep wearing
My apron and cap
Keep my head up, and
In shawl be wrapped
So people can see me
In my uniform
Ready to be helpful
With good deeds to perform.

Valerie Hibbard

Page 2

Ways to Recycle A Worn Out Book

I often purchase damaged books to re-purpose for my artwork. Here are some of the ways they can be recycled:

- take out the pages, and use the covers to hold empty pages that could be a journal, sketchbook, or your own book you draw out yourself.
- -Use just the covers, cut apart, as a helpful stiff support when you are mailing fragile items in large envelopes; put rubber bands on to secure your item inside.
- instead of expensive foam core or plastic corrugated signboard, use a book cover as the backing for your notice.
- -the pictures from children's books can be used in scrapbooking and crafting, either the whole page or cut out a character or phrase
- -you can salvage an unwanted paperback book, such as a reader's digest, by cleverly folding the pages and then fastening the covers so that it forms trees and shapes . . . A bit of spray paint renders them into interesting holiday décor
- -cut magazine or book paper into narrow strips (or use a paper shredder) and incorporate them into the firestarters you make with wax and wood shavings.













This Month's Crazy Idea—Order more seeds!

There are five herbs that are easy to grow, that will provide you with tea and good flavorings the rest of the year. All will grow in areas you may not usually do your food gardening: **Mint**—there's several kinds, you can start from seed and it'll reseed itself. Mint is good for teas and your tabbouli salads, making jelly and with vinegar, a nice cleaning spray.

Dill—whether it's the leaf for sprinkling in breads and soups, or the seeds for muffins and stews, Dill can be handy, and will reseed itself, too.

Clover—You can plant Clover by seed or transplant clods you find around, or just go wayfaring and gather the blossoms into your apron on meadow walks. Clover blossom tea is a lovely, simple thing.

Alfalfa—for teas and tinctures, nothing makes a cold gray winter day feel a little more summery, than some tea with a pinch of alfalfa, then strained, with a spoonful of honey.

Basil—this herb is handy for all those spaghetti sauces—and not much goes further on the budget than a meat sauce served upon vast bowls of delicious dry or fresh pasta. Basil adds a nice touch to a hamburger, a hint of sweetness to pasta salads, make pesto to spread on hot pretzels or garlic bread, it's good fresh, dried, or preserved in olive oil in small jars.

Harbingers of Spring

Doesn't feel much like spring here in Ohio, I'm looking at snow out there, freezing temps, and we're expecting more than four inches to fall in the next 24 hours. But my calendar says it's almost Spring so let's find Spring-themed words in a puzzle!

in	a puzzle!												Mud	Paint
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	Б	17	C	1	11	C	12	1	1	C	1		Lambs	More eggs
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Editor's notes

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Owners: Craig and Valerie Hibbard. Expenses covered by Editors. Ads selected by Editors and given freely, and we reserve the right to refuse any ads. Email comments to valerie@plainandpractical.com, or mail to: 216 S. Plum Street, Marysville, OH 43040. We'd like to hear your comments. You may read PNP free on the web at www.plainandpractical.com, or order print copies by writing or emailing the editors. Valerie sells her things on Etsy, at www.apronsrecycled@etsy.com, and has a blog for diary entries, at www.plainandpractical.typepad.com

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Differences Between County People and City People

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I can be talking to someone for less than five minutes and they have me pegged for a country farm girl. "I bet you grew up on a farm" and "I bet you know your way around a garden" are two common statements that flow into my good ear. Somehow at some point in our history, being from the country, or growing up on a farm, or having old-fashioned skills, was made out to be less desirable than a house in the city, a car instead of a horse, the singer in the opera over the dragonflies and frogs out around the pond in the back forty.

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But now, things are flip-flopping a bit, and I am often asked to show someone how to do something that seems pretty common-sense to me. Weaving and spinning and knitting, making pickles and canned tomatoes and pies, all of a sudden I've got students sprinkled here and there the past few months and more coming up in the near future. One lady wants some patterns for bobbin lace, another wants to learn to bake yeast bread, another wants dropspinning lessons, yet another wants to come over and learn to felt and dye wool.

So for all of us who can harness a team of horses or gut out a chicken, shear a sheep or dehorn a goat or castrate piglets, I'm thinking maybe our day has come. There are folks who will pay you to come stay in your spare room and be put to work on your farm "for the experience," and while they probably won't be worth two hoots in the helping department you can dab your tears with a hundred dollar bill each, all the way to the bank.

This falls of course into the "grass is greener on the other side of the fence" pigeonhole but there doesn't seem much harm in accepting some parts of the equation. Many a farmer has kept his property taxes paid with the hayride and not the hay, the cider instead of the apples themselves, so why not diversify in little ways that don't bother you too much. There's something positive about a city person who feels a week on your farm in a retreat cabin is better than lolling about on some cruise ship (and we've all heard THAT can go rather badly) so take the nice man's money, teach him how to use a lantern, hand him a warm sleeping roll and let him listen to the crickets out on some far corner of your place. Get whatever licenses you need, let folks come and canoe on your creek or fish in your pond or ride a couple old nags and fill your pockets with their admission fee to do so. You'd be selling them a drink of the good life.

A Few Plain and Practical Resources for Self-Sufficiency

Need something for the Home, or Clothing?

- —Lehmans, 877-438-5346, or write for a catalog, 289 N. Kurzen Rd., Dalton, OH 44618.
- —Healthy natural soaps and salves, Cindy High, 905 Egeler Lane, Dexter, MI 48130
- —Gohn Brothers, Box 1110, Middlebury, Indiana 46540-1110, toll free number 1-800-595-0031. All sewing done by local seamstresses to your measurements, at very reasonable prices for good quality.'
 - —Prayer caps, Plain and Simple Head coverings, Bayley Thompson, P. O. Box 185, Bagdad, KY 40003.
- —Aprons, Dresses and Coverings, Mennonite Maidens, http://www.mennonitemaiden.com, or orders by phone, 703-622-3018 or 304-492-5590. Wide variety of all offerings, reasonable prices.
- —GVS, clothing for the entire family, baby supplies, toys, stationary, sewing supplies—many hard to find items. Highway 5, Versailles, MO 65084.
- —Sisterthreads is a group of three Christian women who sew together in the daughter's house amongst her four children, one of which is special-needs. Although they focus on quilts, they also do a variety of purses and organizers for knitting needles, crochet hooks and other sew ing items. By mail: Sister Threads, P. O. Box 91, Herrietta, MI, 49638, or telephone, 231-389-0253.

Need something wholesome to read?

- —The Budget, a Mennonite rural newspaper, P. O. Box 249, 134 N. Factory Street, Sugarcreek, OH, 44681. Several editions, so ask for in formation, 330-852-4634.
 - —Keepers At Home magazine (Plain homemakers) \$13 year/4 issues. 2673 Township Road 421, Sugarcreek, OH 44681
- —Quaker Hill Farm, children's books, P. O. Box 10, Harrisville, MI 48742 (recently featured on Animal Planet!) Quaker Anne has all kinds of good things made from her farm, web site is www.quakeranne.com
 - —An Encouraging Word, P. O. Box 374, Covert, MI, 49043, \$20/year includes yours and one gift subscription.
 - —Plain Interests newspaper (Plain lifestyle), 420 Weaver Road, Millersburg, PA, 17061. Monthly, \$16 yearly.
- —Young Companion, Pathway Publishers, 2580N=250W, LaGrange, IN 46761, scripture-rich moral stories for young people, many are reader-contributed. They also produce Family Life, as well as Blackboard Bulletin, and I recommend all three as suitable literature to leave around where you find yourself spending a few moments in the day, they are uplifting, spiritual, and helpful. \$23 annually for all.
 - —Pendle Hill, 338 Plush Mill Road, Wallingford, PA 19086. Quaker literature resource.

Want to stop and get bulk food on your next trip?

- —Clintonville Community Market, 200 Crestview Road, Columbus, Ohio, 43202, 614-261-3663
- -Yutzy's Bulk Foods, 614-873-3815, 6010 Converse Huff Road, Plain City, Ohio 43064
- —Countryside Bulk Foods, 4230 West Pike, Zanesville, OH 43701, telephone 740-450-1595
- —Bulk Food Depot, 5457 Radford Road, Athens, OH 45701, 740-594-5053.
- —Apple Hill Ltd., 8690 Vermilion Road, Amherst, OH 44001-9475. Telephone 440-965-7077
- —Coon's Candies, 16451 County Highway 113, Harpster, OH 43323, telephone 740-496-4141
- —American Harvest 51323 County Road 16, Coshocton, OH 43812, 740-622-2855
- —Swiss Village 309 S. Broadway St., Sugarcreek, OH 44681, telephone 330-852-2896

Need supplies for Making it yourself?

- —handspun yarns for knitting, soy candles, black walnuts for dyeing: Beverly Thorne, 1941 S. Camp Ten Road, Elmira, MI 49730.
- —Leather: Scrap Leather, lacing, and hides, all American leather, Real Leather People, P. O. Box 251, Sonora, KY 42776 or 270-369-8880 or sales@realleatherpeople.com
 - —Make your own brooms—Broomcorn and supplies at R.E. Caddy, Box 14634, Greensboro, N.C. 27415, 336-273-3609.
 - —Sewing Supplies, Home-Sew Inc., P. O. Box 4099, Bethlehem, PA. 18018-0099, 1-800-344-4739, homesew.com.
 - —Linen and wool fabrics, 1-888-546-3654, FabricsStore.Com, 6325 Santa Monica Blvd., Suite #102, Hollywood CA 90038
 - —Countryroad Fabrics and Gifts, 2195 N 700W Shipshewana, Indiana, 46565, good resource for fabrics, snaps, prayer caps, and more.

 —Knit Picks, P. O. Box 870760, Vancouver, WA, 98687, 1-800-574-1323. Fine quality wool and wool blend varns—their natural color.
- —Knit Picks, P. O. Box 870760, Vancouver, WA 98687, 1-800-574-1323. Fine quality wool and wool blend yarns—their natural color, dye your own selections are especially well priced. Many sock yarns, patterns, and superior quality needles. Online also.
- —Raw Wool for Spinning at \$2-4 pound, also well priced natural roving, and shepherd's supplies, Mid-States Wool Growers Co-op, 9449 Basil Western Road, Canal Winchester, OH, 43110-9278, 614-837-9665, call for hours and directions.
- —Wm. Booth, Draper. 18th century reenactment supplies, I get my linen thread, horn thimbles, and other well-made, old fashioned items from this resource, 2115 Ramada Drive, Racine, WI. 53406, or, http://wmboothdraper.com, or 815-648-9048.
 - —Discount fabric, Guhl's, 710 E. Main Street, Jackson, Ohio, cash only, closed Sundays.
 - —Makes Scents, candle supplies, wicks, waxes, jars and bottles. 10465 Columbus Parkway, Pataskala, OH 43062. 740-927-3526.

Self-Sufficiency and Preparation Supplies

- —Bathtub liner for 100 gal. water storage—Water Bob, from Way Safe Florida, Inc, 14175 Icot Blvd, Suite 100, Clearwater, FL 33760 1-800-966-8044, approximately \$25. Available on Ebay as well.
- —Seeds to store, \$55 for small garden, non-hybrid—Baker Creek Seeds, 2278 Baker Creek Rd., Mansfield, MO 65704.
- —Archery supplies—Obsession Archery, 8289 Burden Rd. Machesney Park, IL 61115, 815-877-1212
- —First aid supplies—a number of professional-level kits from \$71 to \$415, First Aid Supplies Online, 1-800-874-8767

Honey and Honey Products: Honeyrun Farm, 9642 Randle Road, Williamsport, Ohio. 43164, 740-225-2462. Candles of the rolled beeswax as well as poured, beeswax in all amounts for sewing and crafting, honey straws, honey and combs. On Etsy, Honeyrunfarm.

Art and Scrap Box—paper, drapery and wall paper sample books, yarn, wood scraps, fabric scraps, tubes, all \$7 fill a paper grocery bag: 581 State Circle, Ann Arbor, MI (734) 994-0012.

Arts and Scraps—more sewing and yarn than previous listing, lots of paper, mat board, interesting magazines and books to cut up, wood scrap, tile section, posters to recycle: 16135 Harper, Detroit, Michigan, 48224, (313) 640-4411, Tues-Sat. \$6.50 fill-a-bag.

There is a free store in Commercial Point, Ohio, the United Methodist Church runs entirely with volunteers and community donations. It's open Saturdays 9 a.m. to noon; Mondays from 6 to 8 p.m. It's on E. Scioto Street, right in the center of town, you can't miss it. Clothing and household items, they will take a cash donation if you twist their arm but it's all free. Bring your unwanted and drop them off while you're there.

Lumber Mills—I've recently needed to stock up on supplies for sculptures and have found these good resources, either I've been there myself, or they were recommended by folks I trust:

Kreis Sawmill—728 N. Main Street, Marysville, OH 43040, 937-537-1248. Closed Mondays; cash.

Judson Lumber Company, 321 W. Bigelow Ave., Plain City, OH 43064, 614-873-3911

Almendinger Sawmill, 5501 Caswell Rd., Johnstown, OH 43031

Do-Over Reclaimed Wood and Products, 15 miles south of Mansfield, in Morrow County, 419-512-5592 **Decker Custom Woodworking**, 505 W. McGormley Road, Fremont, OH 419-618-4657.

Also, if you're a woodworker, there's postings on Craigslist across the country from teachers looking to use your small scraps for kids' projects (key rings, small boxes, jewelry) and wood identification charts. Don't throw them out!

